

Cognitive Behavior Therapy Application to Reduce Masturbating Frequency on Male Young Adult Who Has Fetishism on *Anime* Figures

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Abstract

Fetishism is a deviant sexual behavior that causes the people who suffers from it to feel sexual attraction to either non-living object or/and certain spesific body part. Currently, fetishism is not limited to objects such as woman's clothing or woman's body part, but also to popular pieces such as Japanese *anime* (cartoon). Most people that suffers from this kind of fetishism were men that usually started at their puberty period. People who suffers from this fetishism find sexual satisfaction from anime pictures or comic's character as stimulus that were used to masturbate. Cognitive behavior therapy is a therapy that works in cognitive and behavior aspect, hence it can be use to control or to modify emotion and behavior accordingly to treat the fetishism. This research were done to a person who suffers fetishism to anime figures. The purpose of this research is to apply cognitive behavior therapy to reduce fetishism to anime figures. This research's result shows that cognitive behavior therapy can be effectively use to reduce said deviant sexual behavior. The decreases of the fetishism behavior to *anime* figures can be seen by looking at the result of the Fetishism Scale measurement.

Keywords : Fetishism, *Anime*, Cognitive Behavior Therapy, Male Young Adult.